

Little from 1B

maximum capacity. I have a master's degree in physical education. My degree includes studies on the human body. The areas important to the above statements are: 1) Kinesiology: the study of human movement, 2) Exercise Physiology: the study of how the body uses available energy, and 3) Sports Psychology: how motivation and emotions effect performances.

These are the specific areas related to athletic performance. But I also studied human anatomy and physiology. These studies added knowledge and a foundation for human capabilities. I will try and explain why performing above 100 percent is impossible. Most people are born with an equal number of bones, muscles, nerves, tendons and ligaments. There are many other body parts, but for human movement these are the most important. Each muscle

has a corresponding nerve fiber whose main function is to stimulate the muscle to contract. Each muscle also needs a blood supply to provide energy and oxygen. The blood also removes the waste product of muscle contractions. When athletes train, they form clearer pathways for muscles important to that movement. Just think back to a child learning to walk. As the nerves and muscles work together the walking becomes easier and smoother. So it is with athletes. Once complicated skills are practiced the athlete becomes more fluent. In 1974, my human physiology assignment was to compare movement progression in an athlete, so I chose me. I used my high school football films as the baseline of my football skills. I then viewed films of my senior season on the Pacific University football season. Initially, I questioned how much difference I would see. Watching the change in the physical skills from high school made me wonder how I was even considered to play college

football. The change was like watching a child learn to ride a bike compared to an Olympic cyclist. When we watch professional athletes, they often make plays look effortless. We must remind ourselves of the thousands of times their movements have been practiced. Now let's talk about that 100-percent effort. Body movements are started from the brain and nerve fibers. Additional helpers are blood vessels, tendons and ligaments. Whichever body part is primarily engaged for the athlete, all systems need to function for a successful completion of the movement. If you have 50 muscles available for your action, then no matter how hard you work you will only have 50 muscles. If the athlete has trained these muscles to maximum efficiency, the athlete might get a 100 percent response from them; if the athlete attempts to move beyond the training limits injury may occur. There is one Siuslaw High School football player responsible for me changing my conditioning requirements for every

team I coached after watching him fail to win a wind sprint. In 1979, as an assistant football coach in charge of conditioning, I had players run 240s — That's a run from goal post to goal post. Mark Miller won all the 240s. He gave 100 percent effort on all his 240s; his teammates did not. I know this because, one day after three or four 240s — all won by Mark — I told the players the winner of the next 240 could be done for the day. Mark did not win. In fact, more than 10 players beat Mark to the line. They were sandbagging and conserving their energy. From that day throughout my coaching days, I conditioned all team members to the same number of sprints; an all-for-one team mentality. The next time you hear a comment about performing "more than 100 percent," remember this: Many athletes die while training for their respective sports. I am talking about non-contact training deaths; they die because they have pushed their bodies beyond their capacity.

There are physical warning sign athletes and coaches need to be aware of and take steps to prevent over-exertion. There are two major changes since I played football in the 1960s and 70s. Warm-up stretching and consuming water during practices have reduced injuries and deaths on playing fields. If you can get past the special effects of traumatic wartime injuries, the movie "Heartbreak Hill" depicts a made-for-movie hero. This medic gives all he can to saving "Just One More." His efforts to transport wounded soldiers to safety exemplify the 100 percent effort. Perhaps many of us may have stopped sooner, and so we see his efforts as giving more than 100 percent. Maybe that is also how we see athletic contests; the athletes on the field performing above and beyond our expectations seem to be giving more than 100 percent. *Next week:* How pre-game motivational inspiration effects performance.

Siuslaw News Garage Sale GUIDE

ESTATE SALE
August 17th-19th
Fri./Sat. 9am-4pm
Sun. 9am-12pm
11779 Walnut Ave.
Mapleton
Boats, Tools, Furniture, Appliances, Camping & Much More to see!
Cash Only

Moving Sale 8/18
9am-3pm
742 Skookum Drive
Garden tools, fishing gear, furniture plus more!
No Early Birds.

Estate Sale Aug. 18-19
8am-12pm
2210 21st Street, Florence
Go east on 23rd off Spruce & follow Garage Sale signs. Half off all furniture & books. Still some golf clubs & tools. Spinet piano - \$125

Large 3-family sale
Fri.-Sun. 8/17-8/19
9am-3pm,
4843 Darlings Loop, Dunes City,
Robbia Gualgo vase,
Erge framed prints, furniture, twin bed, Milk Glass, tools, comic book collection, clothes, linens, bedding & antique spinning wheel.

Huge Garage Sale
Saturday August 18
9am-3pm
5405 Ka Teech Drive, Dunes City
Hwy 101/Clear Lake Rd. Follow signs
Collectibles, small appliances, bedding, furniture, tools, art supplies, garden items, clothes, cat items & much more! A must see!

Final Sale/Moving
Fri. 8/17-Sat. 8/18
8am-2pm
74 Park Village Drive
Furniture, antiques, collectibles, misc. house & garage stuff.



Fishing from 1B

coast where ocean and bay

fishing can be good throughout the summer.

MID COAST LAKES:

Mid coast lakes stocking schedule for this year is posted online. Stocking of

mid coast lakes began in February. **Siltcoos Lagoon** will not be stocked this year due to continued low dissolved oxygen. Trout scheduled to be released in Siltcoos Lagoon will be diverted to **Cleawox Lake**. In addition, fishing for warmwater species such as bass and other panfish should improve through June as water temperatures warm and these fish get more active. **Ollala Reservoir, Mercer Lake, Siltcoos Lake** and **Tahkenitch Lake** have warm water species available.

Ollala Reservoir, Mercer Lake, Siltcoos Lake have warm water species available.

ALSEA RIVER: *Cutthroat trout*

Trout fishing in streams and river opened May 22.

Fishing is restricted to artificial flies and lures through Aug. 31.

SALMON RIVER: *Cutthroat trout*

Trout fishing in streams and river opened May 22.

Fishing is restricted to artificial flies and lures through Aug. 31.

SIUSLAW RIVER: *Cutthroat trout*

Trout fishing in streams and river opened May 22.

Fishing is restricted to artificial flies and lures through Aug. 31.

FLORENCE FOOD SHARE
Sharing is Caring

Florence Food Share provides food to those who are hungry in our community. If you have four hours a week available, we are in need of volunteers to staff our Front Desk and also act as Guides as clients walk through the pantry. Please call our volunteer coordinator, Sarah Lovejoy, @ 541-997-9110 (Monday - Friday, before noon) to learn more about volunteering. info@florence-foodshare.org 2190 Spruce Street.

Florence Habitat for Humanity

Florence Habitat for Humanity ReStore is a place to put your talents to work. From customer service to furniture repair, we offer volunteer opportunities geared toward individual interests and skills. By giving your time, you help Florence Habitat ReStore do more to support building projects that benefit families in our community. 2016 Hwy 101 or email volunteer@florencehabitat.org Store hours 9am - 5pm Monday- Saturday 541-997-5834 www.facebook.com/restoreflorence

We are looking for new volunteers to join our team! Please join us at a meeting!

Meet 1st Wednesday of every month Luncheon Meeting (\$8.50) Shorewood Senior Living 1451 Spruce St 541-991-3209 or sgelmsstedt@gmail.com



Volunteer

Get involved

Donate

Do your part and volunteer today to help support these local non-profit organizations in our community!

Join the Peace Harbor Hospital Volunteers. You will find an area of interest in a caring organization.

Peace Harbor Volunteers

400 9th Street, Florence, OR 97439 541-997-8412 ext. 2218



SENIOR MEALS PROGRAM
Offering Café 60 & Meals On Wheels


Meals on Wheels are available to people over the age of 60 who cannot get out much due to illness or advanced age and who are not eating properly, regardless of income. Café 60 is available for those who prefer to make new friends in a dining room setting.

1570 Kingwood • PO Box 2313, Florence
541-997-5673
lanesenior meals.org
Operating Monday, Wednesday and Friday



Saving men one PSA test at a time.
541-997-6626
maribob@oregonfast.net
Someone to talk to... who understands!

US TOO FLORENCE
PROSTATE CANCER EDUCATION & SUPPORT
www.ustoo florence.org




Volunteer

Get involved

Donate

Do your part and volunteer today to help support these local non-profit organizations in our community!



To include your organization in this directory, please call us @ 541-997-3441

See Jim for your auto sales needs!

JOHNSTON MOTOR COMPANY

2150 Hwy. 101 • Florence
(541) 997-3475 • 1-800-348-3475





Get Results...List With Dan.

Dan Gilday
Broker
541 554-1844

TR HUNTER REAL ESTATE
541-997-1200

10818 Hwy 36 - Large commercial building on two city lots at the junction of Hwy 36 and 126 in Mapleton, a high traffic area. Metal building with high open beam ceiling, 3 phase power on one meter. Check with Lane County for zoning uses. Property is being sold "as is". **\$74,000.** #2802-18047518

1749 Highway 101 • 541-997-1200

6th Annual Florence COMMUNITY GARAGE SALE
September 7-9

How To Participate
The fee to participate is \$20. An ad for the Community Wide Garage Sale with a map of all participation sales will be published in the Siuslaw News on September 5th and 8th. Because of print deadlines, the registration deadline is 5pm Thursday August 29 2018.

You will also receive two official Community Wide Garage Sale signs as well as a tip sheet on how to have a great sale. Maps will be available in the Siuslaw News, online and at the Florence Visitors Center.

Please post signs only on private property with the owner's consent. Posting signs on City utility poles, street or signal light poles, and median strips is against the municipal code.

Name _____ Phone _____
Address _____ Email _____
Subdivision name (if any) _____
Dates (CIRCLE): Friday 9/7 Saturday 9/8 Sunday 9/9
Times: _____
15-word description:(Date, times and address are included. Addition words over 15 are \$0.50 each.)

Add'l Words _____

Bring form and payment to 148 Maple St in Historic Old Town or mail to Siuslaw News PO Box 10, Florence, OR 97439
Call 541-902-3526 | florencechamber.com
Deadline is August 29th at 5pm to be included on the map.

